

# Daily Practices

Week of 3/8/21 - 3/12/21

## DAY 1 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I hear how you want me to do justice, to love kindness, and to walk humbly with you.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

**SCRIPTURE:** Habakkuk 1:2-4

<sup>2</sup>O Lord, how long shall I cry for help, and you will not hear? Or cry to you “Violence!” and you will not save? <sup>3</sup> Why do you make me see iniquity, and why do you idly look at wrong? Destruction and violence are before me; strife and contention arise. <sup>4</sup> So the law is paralyzed, and justice never goes forth. For the wicked surround the righteous; so justice goes forth perverted.

**DEVOTIONAL:** Habakkuk looked around and saw injustice everywhere. Empire after empire made their way through Israel and Judah. They left pain and devastation everywhere. But the injustice wasn't just caused by the Assyrians and the Babylonians. Even God's people were perverting justice. Habakkuk looked at all of it and cried out to God. We must follow Habakkuk's example and turn our cries to God. God will have ultimate justice. He will be strong on our behalf and his light will illuminate the darkness.

**RESPONSE:** Take two minutes to respond to the scripture, devotional, or the Holy Spirit's prompting. Respond by writing in a journal, by meditating on a specific thought, or by talking with God.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to what God is speaking to you.

## DAY 2 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I hear how you want me to do justice, to love kindness, and to walk humbly with you.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

**SCRIPTURE:** Habakkuk 1:12-14

<sup>12</sup> O Lord, you have ordained them as a judgment, and you, O Rock, have established them for reproof. <sup>13</sup> You who are of purer eyes than to see evil and cannot look at wrong, why do you idly look at traitors and remain silent when the wicked swallows up the man more righteous than he?

**DEVOTIONAL:** God is all powerful. He is fully just. Habakkuk knows this about God so he goes directly to the source to ask God, “Why now are you still allowing this to happen?” Sometimes our lives feel hopeless and it feels like God is silent. What do we do when we feel like evil is winning all around? Habakkuk turns back to God. Even though he felt like God is not at work, he still turned his cries to God. The title that Habakkuk addresses God with is “Rock.” In a world that felt unstable and chaotic, only God could be Habakkuk’s rock of stability. As you look to stand today, turn to the only one who can really be solid enough for you on which to stand.

**RESPONSE:** Take two minutes to respond to the scripture, devotional, or the Holy Spirit’s prompting. Respond by writing in a journal, by meditating on a specific thought, or by talking with God.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to what God is speaking to you.

## DAY 3 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I hear how you want me to do justice, to love kindness, and to walk humbly with you.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

**SCRIPTURE:** Habakkuk 2:2-4

<sup>2</sup>And the Lord answered me: "Write the vision; make it plain on tablets, so he may run who reads it. <sup>3</sup>For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay. <sup>4</sup>"Behold, his soul is puffed up; it is not upright within him, but the righteous shall live by his faith."

**DEVOTIONAL:** God is just. God promises that he will bring justice. The timing never looks like what we expect. But God promises that he will have ultimate justice. This reality should lead us to humbly walk with God, without pride in our accomplishments. Our faith should be a humble faith because ultimately we know that only God can rescue us. Only God can deeply heal us. It doesn't mean that we give up our own actions and responsibility, but it means that God promises hope in the midst of pain. Even when waiting on God feels slow, we can trust that God's justice will "surely come; it will not delay."

**RESPONSE:** Take a few minutes to respond to the scripture, devotional, or the Holy Spirit's prompting. Respond by writing in a journal, by meditating on a specific thought, or by talking with God.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to what God is speaking to you.

## DAY 4 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I hear how you want me to do justice, to love kindness, and to walk humbly with you.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

**SCRIPTURE:** Habakkuk 2:18–20

<sup>18</sup> “What profit is an idol when its maker has shaped it, a metal image, a teacher of lies? For its maker trusts in his own creation when he makes speechless idols! <sup>19</sup> Woe to him who says to a wooden thing, Awake; to a silent stone, Arise! Can this teach? Behold, it is overlaid with gold and silver, and there is no breath at all in it. <sup>20</sup> But the Lord is in his holy temple; let all the earth keep silence before him.”

**DEVOTIONAL:** Idols in the 6th century BC were made with wood and stone. In today’s world we don’t necessarily make idols with physical materials. Most idols are constructed with ideologies or finding our identity in something other than God. The idols and identities that we construct will never satisfy the deep sense of longing in our heart. They will never save us from the ache that sin causes within us. Only Christ can do that. Jesus’s gospel tells us that our efforts will never be enough—which we know from our experience—but God’s love for us will always be enough. Habakkuk recognizes this and calls on everyone in the earth to turn in silence before God. We turn in silence, because we have nothing to offer and only God’s love can meet us and lift us up.

**RESPONSE:** Take two minutes to respond to the scripture, devotional, or the Holy Spirit’s prompting. Respond by writing in a journal, by meditating on a specific thought, or by talking with God.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to what God is speaking to you.

## DAY 5 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I hear how you want me to do justice, to love kindness, and to walk humbly with you.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

**SCRIPTURE:** Habakkuk 3:16–19

<sup>16</sup> I hear, and my body trembles; my lips quiver at the sound; rottenness enters into my bones; my legs tremble beneath me. Yet I will quietly wait for the day of trouble to come upon people who invade us. <sup>17</sup> Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, <sup>18</sup> yet I will rejoice in the Lord; I will take joy in the God of my salvation. <sup>19</sup> God, the Lord, is my strength; he makes my feet like the deer's; he makes me tread on my high places.

**DEVOTIONAL:** Sometimes the pain of life is so difficult that we feel it deeply within our bones. These moments are tiring and scary. Habakkuk was so grieved by the oppression that he saw that his body shook. He wanted to see God make everything right again. And God had promised to do just that, but God also said that it would take longer than Habakkuk was expecting. Even though the world wasn't flourishing like God intended, Habakkuk found comfort and joy in the Lord. His joy in the Lord didn't mean that he stopped grieving the pain around him. But in fact, Habakkuk stepped into the mystery that we all must step into. In a God-given strength, we must be able to grieve the horrors of life while simultaneously finding joy, rest, and healing in God alone.

**RESPONSE:** Take two minutes to respond to the scripture, devotional, or the Holy Spirit's prompting. Respond by writing in a journal, by meditating on a specific thought, or by talking with God.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to what God is speaking to you.